



7. Schlaubetal-Marathon
Eisenhüttenstadt / 19.10.2013

Detailed evaluation

Thurau, Thomas

Club: BSG Pneumant Fürstenwalde
Number: 660

Course: 43.00 km
Cross-Marathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 5:01:38

Speed: 8.55 km/h
Running performance: 7:01 min/km

Rank in course/Total: 95 (of 105)

Rank in course/Men: 73 (of 82)

Best time in course: 2:49:01

Rank in category: 22(of 22)

Best time in the category: 2:59:18

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	11.60	1:10:52	6:06	19	26:53	68	26:55	11.60	1:10:52	6:06	2	9:41	30	9:50
Lap 2	19.00	2:08:44	6:46	20	50:22	69	54:15	30.60	3:19:36	6:31	2	34:46	29	26:49
Lap 3	1.70	22:11	13:02	21	9:53	73	9:59	32.30	3:41:47	6:51	2	39:42	29	30:32
Last lap Finish	10.70	1:19:51	7:27	22	39:32	73	41:28	43.00	5:01:38	7:00	22	2:02:20	73	2:12:37